

CALGARY

metro



NEWS
WORTH
SHARING.



Missing jet mystery continues

Plane was last seen way off course in the Strait of Malacca

PAGE 9

I didn't run that red light officer, my car did

How will the rules of the road change when driverless cars are available en masse?

PAGE 12



SO AN ALBERTAN, A QUEBECER AND A NEWFIE WALK INTO A BAR ...

... INSERT JOKE HERE. BUT IF YOU WANT TO GET PAST EAST COAST STEREOTYPES, CHECK OUR FEATURE

PAGES 10 & 11

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First Nations appear divided on school's Redmen brand

Offensive or much ado about nothing? Western Canada High School's sports logo and name to change



JEREMY NOLAS
jeremy.nolas@metronews.ca

Plans to rebrand a Calgary high school's aboriginal-themed sports team appear to have divided the very group officials say they're trying to respect.

Elder Clarence Wolf Leg met with members of Western Canada High School's social justice club in 2004 during a review of the Redmen athletics name and logo. He and fellow First Nations members engaged at the time deemed the name appropriate as long as it was being used respectfully and only requested minor changes to the school logo,

which features an aboriginal man with braided hair and red feathers.

Wolf Leg said Tuesday he was surprised to learn of plans made public by the Calgary Board of Education last week to change the Redmen brand, and said he had relatives who attended the high school, and they were also not offended.

"If I had a problem with it I would have mentioned it a long time ago," said Wolf Leg, a former nine-term councillor on Siksika Nation. "It didn't seem offensive at the time and it still doesn't."

But CBE officials appear in line with a shift in many school jurisdictions recently that have seen schools do away with monikers and logos that some interpret to be offensive.

Including Wolf Leg, Metro surveyed seven First Nations people from various backgrounds living in and around Calgary Tuesday and found a clear divide in opinions. Three expressed favour for changing

the Redmen brand but the exact same number also opposed the move or deemed it much ado about nothing.

Jason Goodstriker, former regional chief of the Alberta's Assembly of First Nations, parked himself square in the middle of the debate, claiming he sees merit in both perspectives.

"I do know that times are changing and that people want to be more cognizant," he said. "I respect them (school officials) for having the conversation because I know what they're doing is challenging."

But Cory Cardinal, who has family ties to Tsuu T'ina Nation, said he favours doing away with the Redmen brand.

"There's a lot of things they can name teams after ... if we had the Calgary Whitemen or the Tsuu T'ina Whitemen it would offend a lot of people — it would offend me," he said.

CBE officials have said the brand will be changed but have not provided a timeline.



COUNCILLOR IN HOT WATER

Coun. Sean Chu, seen here being sworn in after winning the Ward 4 seat in last October's municipal election, may face judgment from his colleagues at the next city council meeting, after apparently breaching council's ethical conduct policy with a profane tweet attacking a city staffer. Chu deleted the tweet Tuesday and issued a written apology, but some members of council think he needs to do more. See story, page 6. ROBSON FLETCHER/METRO



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Southeast. 3-alarm fire prompts evacuation



The fire department responds to a 3-alarm fire in Ogden. METRO

Dark clouds of thick black smoke billowed from an industrial site in Ogden Tuesday as a shingle plant went up in flames.

A worker phoned 911 from Iko Industries Ltd. to report a fire was raging out of control.

"I felt the heat," said Carlos Gonzales, who was working at a neighbouring auto body shop before the fire department arrived at about 11 a.m.

Gonzales described a "disgusting" smell of burning rubber from where he and others watched the sky-high flames.

Firefighters prevented the blaze from spreading while emergency responders enforced evacuation orders in the 1600 block of 42 Ave. SE.

"We wanted to ensure that we were ready to evacuate further areas, should the need arise," said fire department spokeswoman Carol Henke. She told reporters at the scene that part of the fire-stricken building was already slated for demolition. Henke also said it appears all the workers made it out safely.

Since 1990, media have reported at least 11 fires at Iko Industries. Mayor Naheed Nenshi told reporters he's got "a lot of questions" about the plant. **BRYAN WEISMILLER/METRO**

What's up with those U of C numbers, (family) doc?

More and more medical students at the University of Calgary are choosing to go into family practice, to the point that nearly half of med-school grads this year will begin their careers in family medicine.

Among them is JoAnna Fay, who will graduate in May and do a family-medicine residency in Lethbridge.

"As a family physician, you can do so much," she said. "There can be a misconception that you just sit in an office and you don't do a whole heck of a lot. But the beauty with family is you can make it what you want it to be."

Fay said many of her classmates are also turning to family medicine after learning how "saturated" some

other specialties are becoming.

"It's very difficult to get a job in those more specialized fields," she said.

The U of C has made a conscious effort over the past half-decade to "illuminate" the advantages of family practice, said Dr. David Keegan, deputy head of the university's family medicine de-

partment.

"The medical school took this seriously, knowing that the school has a bit of an obligation to train doctors that Alberta needs," he said.

Six years ago, only about one in five graduating students was matched with a residency program in family medicine, Keegan added.

ROBSON FLETCHER/METRO

'Creature Sightings' admin defends photos

OK with Facebook?
Metro inquired about the appropriateness of the page, but has yet to receive a reply

Administrators of the "Creature Sightings" Facebook page continued to defend their group's practice of publishing images of people on the street in embarrassing situations, in the face of widespread criticism from Calgarians.

"I want to make it damn well clear that it's not about harming people in any way," said one of the page administrators, who goes by the name Mostbig Tunafish, in a phone interview with Metro Tuesday.

"Mostbig" said he's 26 years old and has been homeless "on and off" since he was 15. He said the page started after he

posted a photo of a homeless man he drank with on his personal Facebook page and it got a lot of likes.

"So I thought, why not make a group devoted to it?" he said.

He adds that he tries to monitor the page for racist comments and deletes and blocks users where possible but his "very limited access to the Internet" makes that a challenge.

He noted his own photos are on the site and the "creature" photos are not meant to be mocking.

But Tim Richter of the Canadian Alliance to End Homelessness doesn't buy the spirit-of-camaraderie argument.

"Imagine any other facet of life in Calgary ... would you ever do anything like that? No, you wouldn't, because it's just not acceptable," he said. "It's not acceptable to degrade people in that fashion."

ROBSON FLETCHER/METRO



"I'm not better than you. No one's better than you. We're just taking a picture for the entertainment."

"Mostbig Tunafish," on the spirit in which photos of people on the street are taken.

Page administrator "Mostbig Tunafish" is tagged in this photo on the "Creature Sightings" group with the caption: "Mostbig Tunafish going to his creature cave." **FACEBOOK**

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Jessica Ratuszniak works in Eau Claire, which is one of Calgary's most transit-friendly neighbourhoods, according to Seattle-based Walk Score.

BRYAN WEISMILLER/METRO

Calgary transit ranked 9th in nationwide top-10 list

Unimpressed. Transit consultant says studies don't account for city's sprawling boundaries



BRYAN WEISMILLER
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When it comes to citywide transit service, Calgarians are being underserved compared to friends in Toronto, Montreal and Vancouver.

That's according to a new top-10 list of big Canadian cities published by U.S.-based Walk Score. The American company uses an algorithm to measure the "usefulness" of transit service based on route types (bus or rail), stop locations and service frequency.

Calgary Transit scored a 43, or what the company calls "some transit," although no Canadian city was classified as a "rider's paradise" as a whole.

The rankings

1. Toronto (78), 2. Montreal (77), 3. Vancouver (74), 4. Winnipeg (51), 5. Ottawa (49), 6. Brampton (48), 7. Quebec City (46), 8. Edmonton (44), 9. Calgary (43), 10. Hamilton (42)

Transit consultant Fred Wong noted Calgary's ever-sprawling boundaries should be factored in to comparisons with other big municipalities.

He referenced a recent report that found Toronto's transit service beats Calgary in service hours per square kilometre 5-to-1 — a roughly 13,200-hour gap.

"If the analogy is 'peanut butter spread on a slice of bread' — we're still very thin," said Wong, former head of Calgary Transit.

But he also echoed other critiques of Walk Score's travel-time calculations, noting

Dalhousie Station is within a 30-minute C-train ride of downtown.

In an interview, Walk Score co-founder Matt Lerner explained the scores are based on data provided by local transit operators. Lerner acknowledged neighbourhood-to-neighbourhood variations, adding: "Every big city has neighbourhoods that have a high transit score."

"Our goal with the ranking is to start a discussion about transit service," he said.

In Calgary, Lerner pointed to Eau Claire's "world-class" transit score of 81 and walkability rating above 90.

Restaurant staffer Jessica Ratuszniak says she's got "no qualms" getting from her place in Varsity to the market area on 3 Ave. SW.

However, she conceded there are fewer options for riders living on the city's fringe.

"Living out in the suburbs is my worst nightmare," she said.

Provincial funding

Hours after Edmonton got a \$600-million provincial pledge for its new LRT, Calgary's transit-loving mayor smiled ear-to-ear at city hall.

- Mayor Naheed Nenshi told reporters he's pleased to see Alberta's "new attitude of flexibility" in funding urban transit projects.

- Nenshi first referenced the federal funding-matching grant being offered to our northern neighbours: "We're looking for our projects to be treated in the same way."

- He then cited the "intriguing" \$200-million interest-free loan dangled by the province Tuesday, saying it could be used on a series of approved rapid-transit expansions.

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Choosing the program that's right for you is a big decision. That's why SAIT Polytechnic offers information sessions - your golden opportunity to discover your program options, ask questions, and sometimes, tour our campus.

Our sessions are free and range in topic and timing. Details on all our sessions can be found on the events calendar at sait.ca. Here are just a few we're offering this month:

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Join us Wednesday, March 12 from 6:00 - 8:00 pm in Room NH309 in the Senator Burns Building.

For more information or to confirm your attendance, please call 403.210.4045 or email elf.infosession@sait.ca.

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Your formula for success starts here. In the Chemical Engineering Technology program you'll study engineering design calculations, unit operations, process simulation and control, and industry safety. Chemical Engineering Technologists are involved in designing equipment, chemical production, and oil & gas facilities.

Join us on Wednesday, March 12 pm in Room KA335 in the Johnson-Cobbe Energy Centre.

Call 403.284.8451 or Email energy.mse@sait.ca to confirm your attendance or for more information.

INSTRUMENTATION ENGINEERING TECHNOLOGY

What's your measurement for success? In the Instrumentation Engineering Technology program you'll receive theoretical and practical training in the operation and maintenance of automated process control and measurement systems. Instrumentation Engineering Technologists apply knowledge and principles of pneumatic, electronic and microcomputer systems to measure and control pressure, flow, temperature level, chemical composition and other processes.

Join us on Wednesday, March 12 at 7:00 pm in Room KA336 in the Johnson-Cobbe Energy Centre.

Call 403.284.8451 or Email energy.mse@sait.ca to confirm your attendance or for more information.

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Join us on Wednesday, March 12 at 7:00 pm in Room KA338 in the Johnson-Cobbe Energy Centre.

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EXPLORATION INFORMATION TECHNOLOGY

Are you interested in an oil and gas career that combines geology and geophysics and computer science? If so, then SAIT's two year, Exploration Information Technology diploma program is for you.

Join us on Wednesday, March 12 at 7:00 pm in Room MD217 in the Stan Grad Centre.

Call 403.210.5753 or Email expt.info@sait.ca to confirm your attendance or for more information.

BROADCAST SYSTEMS TECHNOLOGY

Looking for a unique career that combines your resourcefulness with your technical expertise? The Broadcast Systems Technology program at SAIT Polytechnic is the perfect answer as it focuses on the technical aspects of the broadcast industry, and qualifies graduates for well-paying jobs that are in high-demand. Get trained on emerging digital systems so you can start a career you will love in the exciting world of audio and video technologies! Parents and prospective students are invited to a Free Information Session to learn more about SAIT Polytechnic's Broadcast Systems Technology program.

Join us on Wednesday, March 12 at 7:00 pm in Room E114 in the John Ware Building.

Call 403.284.8081 or Email bxst.info@sait.ca to confirm your attendance or for more information.

GRAPHIC COMMUNICATIONS AND PRINT TECHNOLOGY

Print Media is everywhere. From magazines and billboards to packaging and snowboards, the list of printed items seems endless. Canada's printing and graphic communications industry is one of the most diverse and widespread information-based manufacturing industries in the country. Using the most up-to-date software, you will learn page layout and design, through to printing and finishing on our high-tech systems. The Graphic Communications and Print Technology program at SAIT is designed to prepare you for a career in this exciting field.

Join us on Wednesday, March 12 at 7:00 pm in Room H101 in the Senator Burns Building.

Call 403.284.8849 or Email gcpt.info@sait.ca to confirm your attendance or for more information.

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Join us Tuesday, March 18 at 7:00 pm in MacDonald Hall in the Heritage Hall Building; program breakout session to follow.

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Sean Chu
@seanchucalgary



Followin

This is nothing but BULL S—T. 7St increased to 1160 cyclists per day? What was she on? The Emperor continuously getting new clothes. Winter?

The tweet Coun. Sean Chu posted Tuesday morning, then deleted, then apologized for. Part of one word has been blacked out. SCREENSHOT

'You can't treat staff that way'

Sean Chu. Councillor apologizes for profane tweet, but colleagues are still calling for a 'public reckoning'



ROBSON FLETCHER
robson.fletcher@metronews.ca

Coun. Sean Chu apologized Tuesday after posting a profane message on Twitter that suggested a city staff member was lying and on drugs, but he may still face the judgment of his colleagues.

"My comment this morning was an error in judgment. I

sincerely apologize," Chu said in a written statement Tuesday afternoon.

"My comments regarding the cycling group were inappropriate and my intention was not malicious," he added.

In a tweet earlier Tuesday, Chu accused a city staffer of fabricating numbers in a report on the number of cyclists counted on a downtown route.

"This is nothing but BULL S—T," the tweet read, with the S-word written out in full.

Mayor Naheed Nenshi said Chu's comments were a clear violation of council's Ethical Conduct Policy and called on the councillor to also apologize personally to the staff member.

Coun. Brian Pincott said he plans to raise the issue at the

By the numbers

1,100

The number of "summer daily bike trips on 7 Street SW with new cycle track," according to a report presented to council Monday — a number Coun. Sean Chu has questioned.

next council meeting.

"You can't treat staff that way," Pincott said. "It should go without saying but obviously we put the policy in place because it needs to be said."

Pincott said the matter would likely be raised as a personnel item behind closed doors, but there would need to be some kind of "public reckoning" afterward.

West Springs parents take appeal to school board HQ

Dozens of parents and kids swarmed the downtown headquarters of Calgary's public school board Tuesday to file a formal appeal of a decision on their facility's future.

It was just the latest effort from a group in the community of West Springs, which is pushing to keep the area's school current kindergarten-to-Grade 6 contingent together and establish a middle school next door.

But last week, Calgary Board of Education officials announced they will move all Grades 5 and 6 students to

Rosscarrock School in a process that will be completed in 2016.

Parents deemed such a move damaging to a child's stability and said it should only apply to incoming kids.

"We've put a lot of money and volunteer time in to make the school what it is, and we want the kids to enjoy the resources we've provided in the school," said Stacey Roznicki.

West Springs parents will venture to the Alberta Legislature on Thursday to present a petition with 9,000 signatures calling for the middle school.

JEREMY NOLAIS/METRO



West Springs kids armed with signs rally out front of the Calgary Board of Education's headquarters Tuesday. JEREMY NOLAIS/METRO

Post-secondary wear-and-tear funds fall short

Aging facilities.

Province says it's developing long-term capital plan



JEREMY NOLAS
jeremy.nolas@metronews.ca

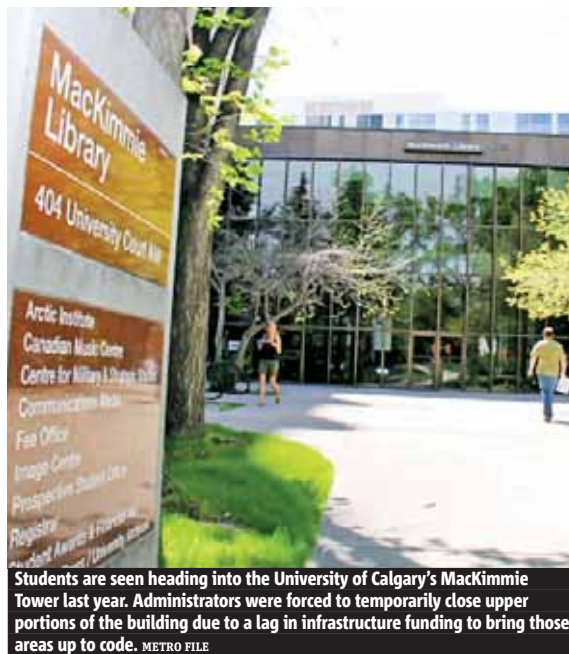
Calgary universities will be forced to spread around roughly the same amount of maintenance money they had last year despite aging facilities and maintenance backlogs tallying into the hundreds of millions.

While provincial officials were quick to point out during last Thursday's provincial budget reveal that they've put back nearly two-thirds of the \$147 million in operating funds slashed last year, facility-upkeep funding for 2014-15 saw a far more modest hike.

Officially, the provincial infrastructure maintenance program (IMP) saw its total allocation hiked a little less than 3.5 per cent to \$50.7 million, but officials with both the University of Calgary and Mount Royal University said they're receiving the identical amounts they did in 2013-14.

In 2012-13, the province spent \$72 million on infrastructure maintenance.

"It's not even close to where it needs to be," said



Students are seen heading into the University of Calgary's MacKimmie Tower last year. Administrators were forced to temporarily close upper portions of the building due to a lag in infrastructure funding to bring those areas up to code. METRO FILE

Conner Brown with the University of Calgary Students' Union. "Things like using duct tape on stairwells because the carpets are falling apart at the seams, we've got desks where part of the leg is broken off. It's not a comfortable learning environment for a lot of students."

Bart Becker, the U of C's vice-president of facilities, said the university will dig deep to keep pace, using a

combination of provincial funding and other grants to perform critical maintenance.

U of C

\$450M

At the University of Calgary, officials say they're staring down \$450 million in deferred repairs, upgrades and other general upkeep work.

Carbon monoxide

Seniors forced to flee residence

Sixty residents of an assisted living facility in southeast Calgary were relocated after elevated levels of carbon monoxide Tuesday. Calgary fire crews were called to the 2900 block of 26 Avenue SE just after 5 a.m. Tuesday, and upon arrival firefighters detected CO levels reaching 45 parts per million. A rooftop air-vent unit is being blamed for the buildup of CO, and firefighters ventilated the building and residents were allowed back in their rooms several hours later. METRO

Scam. Calgary police warn of fraud targeting South Asian community

Police are warning of an emerging scam targeting people from Calgary's South Asian community.

Authorities say scammers are posing as Canada Revenue Agency (CRA) or CIA agents to swindle money from families of South Asian descent.

The fraudsters are purportedly contacting people by phone and advising them they have not responded to three demand payments from either organization,

and they threaten them with arrest if money is not wired immediately, according to police.

"If you receive such a phone call, do not wire money to these individuals," said Const. Tanya Bertulli of the economic crimes unit at police headquarters.

Police urge anyone who may be a victim of this fraud to call them at 403-266-1234.

March is Fraud Prevention month. METRO

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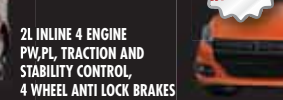
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Halifax 'miracle baby' has a name

Mireya. Halifax mother whose newborn was declared dead settled on a Spanish name that means 'miracle'



The mother of the "miracle baby" born at the IWK Health Centre in Halifax this week says the baby appears to be making a steady recovery — and yes, she has a name.

Robin Cyr's child wasn't breathing when she was delivered around 3 a.m. March 8 after a complicated birth.

The baby was declared dead after about 25 minutes, Cyr said — but suddenly started breathing on her own after staff stopped trying to revive her.

On Tuesday, Cyr said she had settled on a name for the big newborn: Mireya, a Spanish



The newborn baby girl on Sunday in the neonatal intensive-care unit at the IWK Health Centre in Halifax. JEFF HARPER/METRO IN HALIFAX

name that means "miracle."

"I've seen her open her eyes for the first time," said Cyr, 34, during a phone conversation Tuesday afternoon, adding that doctors were pleased with the baby's progress. "In maybe another four or five hours, I'll get to hold her for the first time."

Since Monday, when Metro first published Cyr's story, it has been picked up by international media, including the

British publication the Daily Mail and the New York Daily News.

But Cyr said she still hasn't processed the reality of almost having lost her fourth child.

"It didn't hit me yet," she said, adding she's been "very busy" with visits from friends and concerned relatives — all of which she's trying to juggle around caring for her newborn.

An independent Quebec would welcome rest of Canada: Marois

An independent Quebec would have no borders and would open its arms to tourists from Canada, Parti Québécois Leader Pauline Marois said Tuesday.

Marois was asked on the campaign trail whether an independent Quebec would be more attractive as a tourism destination.

"It won't change our landscapes, that's for sure," she

said. "We'll still be able to go see the Rockies out west and go to Prince Edward Island and they'll be able to come here. There won't be any borders or tolls."

Marois then said an independent Quebec would have more latitude and freedom but she did not immediately elaborate on the border issue.

Later in the day, Marois

sought to clarify the border comments when she agreed with a reporter's assertion that an independent Quebec would be like the European Union, where there is free movement of citizens.

"That's what it means, but that's not to say there wouldn't be a (Quebec) citizenship and ... a passport," Marois said.

THE CANADIAN PRESS





Welcome NEW PATIENTS

We would like to welcome Dr. Namrata Toor MD, Dr. Meredith Salisbury MD, CCFP, and Dr. Saadia Qaiser MD, CCFP to our Clinic. All three physicians are accepting new patients. They are excited to start their Practice and are looking forward to taking care of new families. If you are currently looking for a new Family Physician please contact our clinic to set up an appointment with one of our physicians.

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Missing jet last spotted off course



These images released by Malaysian police during a news conference in Sepang, Malaysia, on Tuesday, show, at left, an Iranian identified by Malaysian police as Pouria Nour Mohammad Mehrdad, who Malaysian authorities say is 19, although Interpol's information indicated an age of 18, and 29-year-old Iranian Delavar Seyedmohammaderza. The men boarded the now missing Malaysia Airlines jet MH370 with stolen passports.

MALAYSIAN POLICE/THE ASSOCIATED PRESS

Flight MH370. Hijacking, sabotage and the pilots' psychological health are being considered

The missing Boeing 777 jetliner changed course over the sea, crossed Malaysia and reached the Strait of Malacca — hundreds of miles from its last position recorded by civilian authorities, Malaysian military officials said Tuesday, citing military radar data.

The development added confusion and mystery into what is emerging as one of most puzzling aviation incidents of recent time, and it has raised questions about why the Malaysia Airlines flight apparently was not transmitting

signals detectable by civilian radar or sending distress calls after it turned back.

Many experts have been working on the assumption there was a catastrophic event on the flight — such as an explosion, engine failure, terrorist attack, extreme turbulence, pilot error or even suicide. The director of the CIA said in Washington that he still would not rule out terrorism.

Flight MH370, carrying 239 people, took off from Kuala Lumpur at 12:41 a.m. Saturday, bound for Beijing. Authorities initially said its last contact with ground controllers was less than an hour into the flight at a height of 35,000 feet, when the plane was somewhere between the east coast of Malaysia and Vietnam. **THE ASSOCIATED PRESS**

Proficiency exams

A new kind of surrogate

Police in London, Ont., have charged three people who allegedly used fake passports to write English proficiency exams for foreign students who paid

them \$7,000 for the service. The exams are among the qualifications required for acceptance into colleges and universities in Canada. Police say some foreign students unable to pass the exam hired a surrogate to write the test on their behalf. **THE CANADIAN PRESS**

White House website

Man pleads guilty in Obama threat posting

A U.S. man has pleaded guilty to posting a threat to kill President Barack Obama on the White House website. Nicholas Savino pleaded guilty Monday to posting the threat last August that said, "President Obama the

Anti-Christ. As a result of breaking the constitution you will stand down or be shot dead." The 42-year-old will be sentenced June 11. He faces up to five years in prison and a \$250,000 fine. Under a plea agreement, Savino will forfeit three guns and about 11,000 rounds of ammunition that agents found in his apartment and car. Savino was arrested about a week after posting the threat.

THE ASSOCIATED PRESS

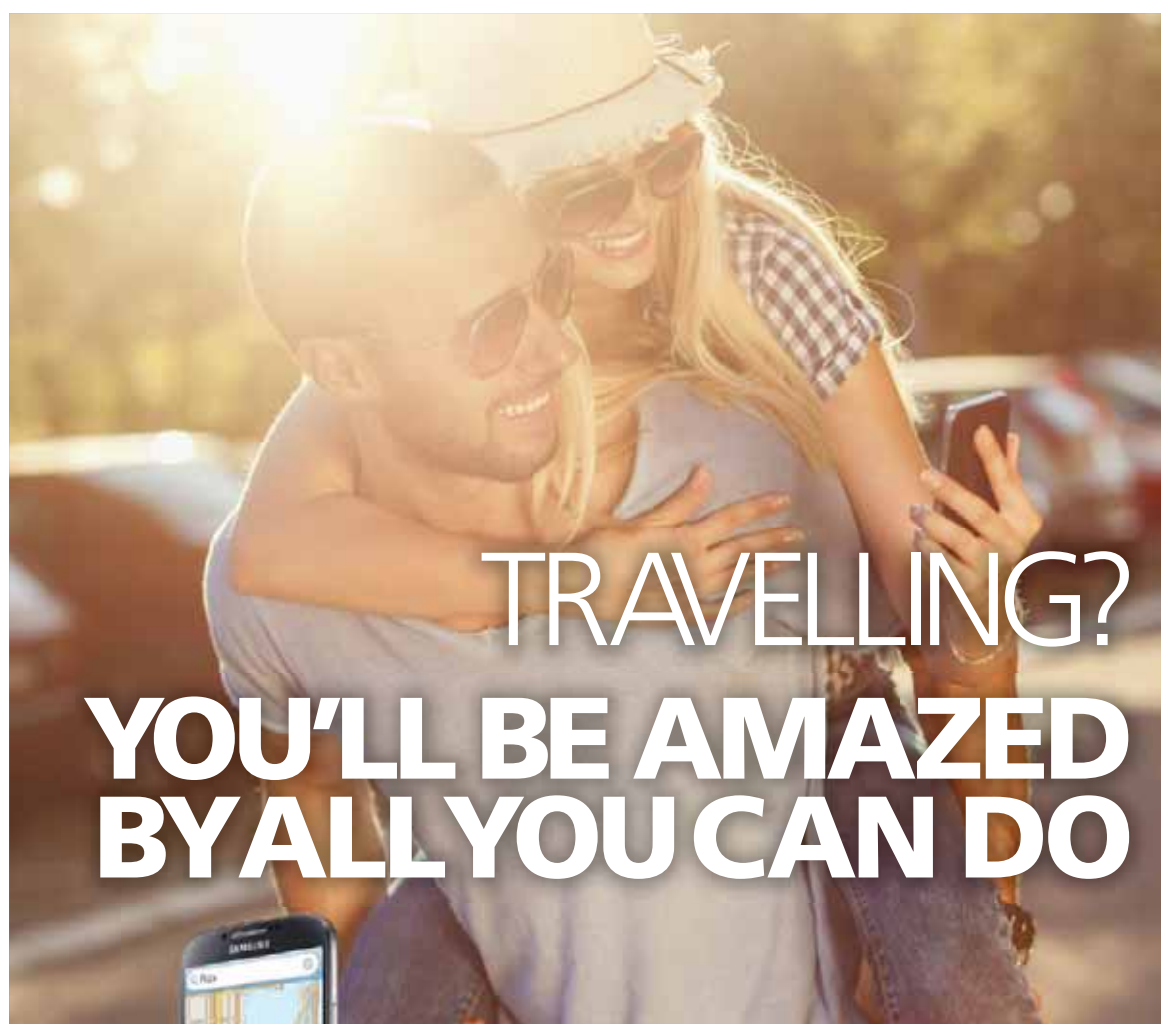
Unknown gunman

Swedish journalist murdered in Kabul

A journalist for Swedish radio was shot and killed by an unidentified gunman on Tuesday as he stood by a busy road in Kabul. A spokesman for Kabul's criminal investigation section told The Canadian Press that Nils Horner, 51, was shot in the back of the head while talking to a

translator on a street that runs along the Afghan capital's embassy district. The scene lies just up the way from the site of a deadly restaurant attack in January. Horner, who was also a British citizen, was rushed from the scene, but succumbed before reaching the hospital, said Sayed Gul Agha Hashimi. The journalist's driver and translator are being questioned as part of the investigation.

THE CANADIAN PRESS



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Critch's corner



Newfoundland native Mark Critch believes negative perceptions of East Coasters are becoming a thing of the past. JEFF HARPER/METRO IN HALIFAX

It's outdated: 22 Minutes' Mark Critch on the East Coast typecast

Atlantic Canada is known for its funny folk.

From Rick Mercer to Cathy Jones, East Coast comics seem second-to-none in bringing Canadians to gales and guffaws.

But when it comes to the Atlantic Canadian stereotype, 22 Minutes veteran funnyman and St. John's, N.L., native Mark Critch gets serious.

Metro News caught up with the comedian in Halifax to hear his thoughts on pigeonholing Atlantic Canadians and whether the East Coast label is changing.

Describe a stereotypical Atlantic Canadian.

I guess a bit of a drinker. Working the system to get a cheque. Happy-go-lucky.

Are they/we crazy? Or is there some merit to these stereotypes?

I don't think so. Anyone who has met a farmer, fisherman or plant worker would know they are hard workers. Seasonal work doesn't mean lazy. Most people who depend on EI to supplement income work a lot harder and longer than the politicians who send out the EI PIs (Employment Insurance Private Investigators).

You're looking at a stereotypical Atlantic Canadian — what do you see?

The "Newfie joke" used to be the guy in the sou'wester, pipe in hand, nodding and winking. I think these days more people think of Rick Mercer or Rex Murphy or Danny Williams when they think of Newfoundland. It's outdated.

How do you think people elsewhere in the country think of you?

Everywhere I go I hear people talking about the job opportunities in oil and gas, the scenery, the music scene, etc. I think a lot of Canadians want to come here and are envious of a place that has such a healthy cultural identity.

It seems like most of the negative East Coast stereotypes come from East Coasters themselves — are we a self-deprecating bunch? Is it all in our heads?

I disagree. When East Coasters went to the big city to find work in the '50s, '60s and '70s, they were mocked and made fun of because they spoke differently. They weren't as "hip." One of the reasons we have so many comedians is that we quickly learned a sharp wit was handy in these situations. The new generation is proud of who they are and where they are from. And so they should be. I don't hear those jokes anymore when I travel. Used to be the first thing someone in Toronto would do was tell you a Newfie joke. Now they say, "I love Hey Rosetta."

GEORDON OMAND/FOR METRO IN HALIFAX

WHO IS AN EAST

Know the East Coast, from least to most.

Drinking, smoking, living on lobster and welfare — is this how the rest of Canada sees the East?

RUTH
DAVENPORT
Metro in Halifax

In a country the size of Canada, stereotypes are hard to avoid. They're a shortcut to identity, an easy way of distinguishing people in one place from another. British Columbians are left-wing pot-smoking radicals, Albertans are ultra-conservative cowboys and Ontarians believe they're the centre of the universe.

Then there's Atlantic Canada, to most Canadians the home of friendly, roughspun fisherfolk scratching out a living in quaint villages scattered across the lovely expanse of land between Montreal and the ocean.

"I find that they're often envious about when I talk about my visits home, going to the ocean, just the natural beauty and landscape of the Maritimes," said Windsor Junction, N.S., resident Sarah Harper, now living in London, Ont. "They have that postcard image of Peggy's Cove, and that's what the Maritimes is."

It sounds benign — better than being a cowboy, anyway — but experts say there's some unflattering baggage lurking behind that romanticized caricature.

"Packaged in with the stereotype of the fisher is precarious employment, ruralness, hard living, underdevelopment," said Howard Ramos, a professor of sociology and Canadian studies at Halifax's Dalhousie University.

"Those are some of the same things that contribute to stereotypes around drinking, smoking, etc. And they also

Whose identity is it?

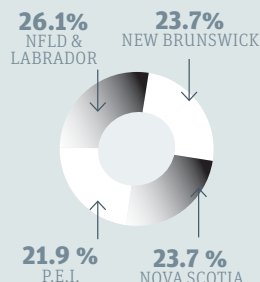
There's a fair bit of this being the ball in our court ... are we going to have our narrative authentically shaped by ourselves or are we going to have it foisted on us by someone else?

Ray Ivany
Chair, Nova Scotia Commission, Building Our New Economy

Smoking rates

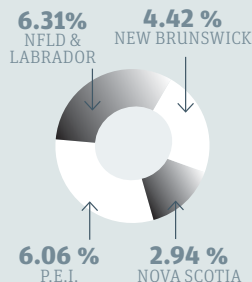
SOURCE: STATISTICS CANADA

(2012)
CANADA: 20.3 %



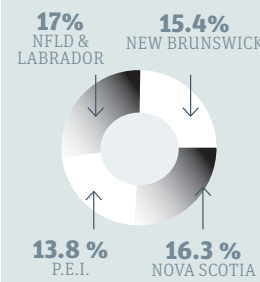
EI claims:

(AS PERCENTAGE OF
POPULATION 2012)
CANADA: 1.48 %



Alcohol use

(EXCEEDING LOW-RISK
DRINKING GUIDELINES,
CHRONIC, 2011)
CANADA: 14.4 %



contribute to some of the reality."

Fact, fiction and the grey areas

Stereotypes are a blend of fact and distortions of fact: To wit, the fishing industry is Atlantic Canada's largest single private employer, but actual fishermen represent only a small percentage of the total population.

Most Atlantic Canadian stereotypes are rooted, in some form, in the region's post-Confederation history as "have not." Social indicators of poverty, such as smoking, alcohol abuse and obesity rates, are highest in the Atlantic provinces, reinforcing perceptions of the region as economically depressed — and insignificant.

"Even when the (groundfish) fishery closed, the rest of Canada didn't seem to have a visceral reaction," said Ramos, referring to the 1990s collapse of cod and groundfish stocks, which sustained the livelihoods of thousands of fishers and processors in the plant

workers. "It was overshadowed by the Quebec referendum, the low Canadian dollar... When you think that four provinces of the country were affected, that's a surprising lack of concern."

Perhaps the best-known example of an Atlantic Canada brush-off is Prime Minister Stephen Harper's observation in 2006 that the region suffered from a "culture of defeat."

"It's ... taking a very complex set of circumstances, psychologically, culturally, attitudinally, and then making a relatively far-reaching stereotypical comment," said



Will the image of plaid-clad fisherfolk follow East Coasters for generations to come?

JEFF HARPER/METRO IN HALIFAX

COASTER?

Fascinating ignorance?

"I think there's a fascination with East Coast culture, the romanticization ... yet a failure to actually get even one step below that facade to get to know the names of our provinces, for example."

Megan Leslie
Halifax MP

Ray Ivany, president of Acadia University and chair of a panel that released a recent sweeping report on Nova Scotia's economic prospects.

Ivany spent 14 months in research and public consultation for the panel's report, and said Nova Scotians definitely suffer from some cultural "fault lines" — but shouldn't let those become the grounds for being overlooked.

"You'd never let somebody else, who barely knows you, declaratively make a statement that defined

you," he said. "So why should we allow it as a province or a region?"

The interplay of politics and identity

Stereotypes make great punch-lines, but they have real-world implications that are no laughing matter. Halifax MP Megan Leslie says she and her Atlantic counterparts tend to tread carefully around certain issues because of the possibility of reinforcing negative stereotypes.

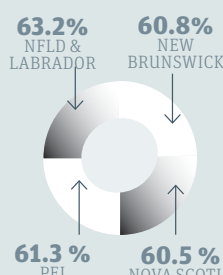
"Sometimes we're shy about, well, do we really want to go out on this EI thing again," she said. "Because while it is an important issue for us in Atlantic Canada, maybe we are painting ourselves as the poor Atlantic cousins."

Ramos says basic fairness is another reason to confront stereotypes, noting Canada can't dismiss the Atlantic region as the poor cousin while benefiting from its workers and exports.

"I f

Body mass index

BODY MASS INDEX, OVERWEIGHT OR OBESE, SELF-REPORTED
CANADA: 52.5 %



central Canada wants to eat the lobsters, and have the Christmas trees and have the offshore oil and the mineral resources in Labrador, it means this region has to have an infrastructure investment in it from central Canada as well," he said.

Changing the Atlantic Canada stereotype could also have a potential impact on the region's economic future. Ivany's report highlighted a need in Nova Scotia to change negative attitudes towards entrepreneurial success and outsiders to encourage and promote growth.

Although the deeply entrenched suspicion towards "come from aways" may be understandable, given a long history of being governed and managed by absentee and often exploitative entities, Ivany said it's time to start being more welcoming — not just "friendly" — to immigrants who come to Atlantic Canada in search of a home.

"The challenge now is to recognize that we've got to be much more welcoming, much more supportive of people from around the world who want to come here and frankly we need to be part of our province," he said.

Ultimately, Harper — the Windsor Junction resident living in Ontario — says Atlantic Canadians need to stop beating up on themselves.

"I don't want to say ... there's a bit of an inferiority complex, but I really think there is," she said. "Have a little bit of pride that I think most of the rest of the country is pretty envious."

Your turn

How would you describe an East Coaster?



We asked via social media. Here's what you said:

1) Honest & reliable appearance, laugh lines around eyes & mouth, normal teeth (not artificially white), wearing jeans and plaid.

A lot of happy old guys

2) Courteous, social and can't drive.

Proud Maritimer... salt of the earth. Our look is diverse.

3) Probably clinically depressed & unemployed

Definitely laid back... less stress here.

4) White, middle-aged, redneck, blue-collared, slightly overweight, uninformed, boring, no appreciation of the arts, alcoholic... full of complaints but no solutions, & completely out of touch with younger generations.

Easy going people, a little behind the times in fashion and trends

5) Friendliest people on the planet.

6) No young ones. They're all out west.

To watch a video of what people at the Halifax Stanfield International Airport had to say about this topic, visit metronews.ca/halifax

PHOTOS: 1: WANDERING MAGPIE/Flickr, 2: LITHIA LIFE/Flickr, 3: NITTOBOB/Flickr, 4: LIZ BEDDALL, 5: LIZ BEDDALL, 6: ASHRAFUL KADIR/Flickr

Wear it with pride

The sou'wester hat trick

There are few Canadian symbols more iconically East Coast than the sou'wester.

The collapsible rain hat — traditionally an oilskin — extends longer in the back to protect the neck from rain and often features a flipped-up front brim gutter for added rain protection.

But few might be aware of the process and protocol involved in donning the yellow bonnet.



Follow these four sacrosanct steps — endorsed by the apocryphal Angus Sou'Wester — and you too can wear the oilskin with East Coast pride:

- Place sou'wester on head, ensuring that the short brim faces the bow with the long brim pointing towards your stern.
- Take pure salt water from the Atlantic Ocean and anoint sou'wester with care.
- Pour one full ounce of black rum or a reasonable facsimile.
- Place left hand over heart and, facing the Atlantic Ocean, down rum in one gulp.

George Jetson had his flying car, Sergey Brin has his driverless car

In the future you'll have one, too. With self-driving cars already being tested, officials are busy deciding on the new rules of the road

Sooner or later, consumers will be able to buy cars that rely on computers — not the owner — to do the driving.

With that in mind, the California Department of Motor Vehicles held an initial public hearing Tuesday as it puzzles through how to regulate the public's use of the technology that is still being tested.

Among the complex questions officials wanted to unravel:

How will the state know the cars are safe?

Does a driver even need to



While he is clearly no George Jetson, Google co-founder Sergey Brin seems pleased after riding in a driverless car with California Gov. Jerry Brown, far left, and state Senator Alex Padilla, second from left, to a bill signing for driverless cars at Google headquarters in Mountain View, Calif., in 2012. ERIC RISBERG/THE ASSOCIATED PRESS

be behind the wheel?

Can manufacturers mine data from on-board computers to make product pitches

based on where the car goes or set insurance rates on how it is driven?

Once the stuff of science

fiction, driverless cars could be commercially available by decade's end. Before then, the DMV wants to decide

how to integrate the cars — often called autonomous vehicles — onto public roads. Three other states have

passed driverless car laws, but those rules mostly focus on testing.

THE ASSOCIATED PRESS

Setting the standards

California's legislature passed a law in 2012 that mandated rules on testing and public operation, and the DMV expects within weeks to finalize regulations dictating what companies must do to test the technology on public roads.

- Those rules came after Google Inc. already had sent its fleet of Priuses and Lexuses, fitted with an array of sensors including radar and lasers, hundreds of thousands of miles in California.

20-year fight

Raw milk activist plows ahead after court loss

A farmer who has spent two decades fighting for the right to sell unpasteurized milk to willing buyers pledged to take his case to

the country's highest court Tuesday after losing an appeal against his conviction for breaking public health laws.

Speaking minutes after the Ontario Court of Appeal ruling, an unbowed Michael Schmidt said he would continue with his milk operation and legal battle. **THE CANADIAN PRESS**

Cancellations high

Top U.S. airlines soar despite a rough winter

Airlines are still tallying up the damage from this winter's storms, but solid demand for travel means they are likely to weather the

rocky start to 2014 in good shape.

Reports from some of the airlines point to higher average prices, and executives say spring bookings look strong.


This has been the worst winter for flight cancellations since the government started keeping track more than 25 years ago.


THE ASSOCIATED PRESS

Market Minute

 **DOLLAR**
90.07¢
(-0.01¢)

Natural gas: \$4.59 US (-\$0.07)
Dow Jones: 16,351.25 (-67.43)

 **TSX**
14,267.23 (-34.83)

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MUSTN'T FORGET THAT UFO INVASION

With all the talk about the zombie apocalypse these days, you don't hear much about UFOs. It's as if they've just vanished from the sky.

Well, you'll be pleased to hear that's not the case.

In fact, here in Canada, the number of UFO sightings has never been higher. They haven't gone away. It's just that nobody cares anymore. We have zombies — and a few leftover sparkling vampires — to worry about.

Despite the shift in phantom phasion, Chris Rutkowski, chief researcher at Ufology Research (formerly Ufology Research of Manitoba, in case you were wondering) keeps grinding out the annual UFO survey.

As you might expect, 2012, the year of the Mayan apocalypse that didn't happen (it's hard keeping all these apocalypses straight), was a record year for UFO sightings. For some reason the Maya, who are Mesoamerican indigenous per-



JUST SAYIN'
Paul Sullivan
metronews.ca

sons, and UFOs, piloted by Romulan indigenous persons, are often linked.

Anyway, there were 1,981 sightings in 2012, but 2013 was no slouch for sightings either, according to the latest report, fresh from the twilight zone. There were 1,180 UFO sightings reported in Canada in 2013, about three a day.

A triumphant note has a tendency to creep into Rutkowski's otherwise commendable attempt to stay on an even keel. "UFOs have not gone away. This data clearly contradicts comments by those who would assert that UFOs are a 'passing fad' or that UFO sightings are decreasing."

That "passing fad" guy? That would be me.

To his credit, Rutkowski keeps an open mind about what people are seeing. Most cases are, um, nocturnal lights (631). But daylight discs are creeping up (145). You'll also be pleased to know that there are still a few good-old-fash-

ioned close encounters of a third kind, in which actual Romulans are encountered (the more scientifically rigorous Rutkowski calls them "entities"). There are even three close encounters of a *fourth* kind, "an alleged 'abduction' or 'contact' experience." I'll bet.

Most intriguing, a full 14 per cent of all 2013 UFO reports are classified as unexplained. The truth may or may not be out there.

Rutkowski is ready to concede that a failure to recognize conventional or natural objects may be the underlying reason for some of these sightings, but he doesn't rule out the possibility that more secret or classified military exercises are underway — or maybe there's just an increase in Amazon drone test flights.

On the other hand, maybe more nutbars (my word) with an inclination to share have access to the Internet. My favourite possible reason: The downturn in the economy is "leading to an increased desire by some people to look skyward for assistance."

Cosmic panhandling. It's a growing problem.

ZOOM

Left to nature, in plane view



ALEX MACLEAN/BETTES + HUXLEY

Humanity's mark seen from the air

A "bone yard" of B-52 bombers in Tucson, Ariz. Man's impact on the natural world is revealed in a new exhibit by photographer Alex MacLean. Taken above the earth from a plane, the pictures offer a thought-provoking perspective on human intervention. MacLean's work is being shown at the U.K.'s Beetles + Huxley gallery until March 29.

MWN

Photog's viewpoint



"I try to make my pictures beautiful, but also to get the audience to appreciate the underlying substance of my projects such as globalization and climate change."

Alex MacLean, 67

Patterns sketch out culture and people

An architect by training, MacLean sees orderly yet artistic patterns created by humans from his almost godlike perspective: "The arrangement of man-made objects and markings tell so much about culture and people living on the land. With the distance of the aerial perspective, it's as if you are looking at a perfect model of basic organizational principles." MWN



This colourful image of shipping containers in Portsmouth, Va., is sombre in tone: "It's a perfect metaphor for my concerns about globalization," says MacLean.

ALEX MACLEAN/BETTES + HUXLEY

Clickbait



LUKE SIMCOE
Metro Online

On March 12, 1989, Tim Berners-Lee presented a paper at the CERN lab in Switzerland, outlining his vision for sharing files between computers. Twenty-five years later, that vision is now woven into our everyday lives in the form of the World Wide Web. So, on the occasion of the web's 25th birthday, here are a few ways to celebrate:

The Internet Archive (archive.org/web):

Known as the WayBack Machine, this archive of more than 398 billion web pages offers you a sizable glimpse into the web's past. It's kind of like looking at the web's baby photos.



GETTY IMAGES

The first website:

Although Berners-Lee had conceived of the web back in 1989, it took him until 1993 to launch the first website. It's still online, and available at info.cern.ch.

The gift of cash:

Berners-Lee could have gotten rich by patenting the technology behind the web, but instead chose to give it to the world as a free resource. So today, why not donate to some of the organizations fighting to keep the web free and open, like OpenMedia.ca or the Electronic Frontier Foundation (eff.org).

Twitter



@metropicks asked: Snowden says NSA is "setting fire to the future of the Internet." Have his leaks affected your web use?

@Zaedum: knowing that countries are using my information without my permission has made me more wary to what I do and which apps I use.

@speirs: Snowden's leaks have verified what I have suspected about myself. My metadata profile: Subject has no life.

Comments

RE: Surly Pet Cat Traps U.S. Couple, Who Call 911, published March 11

So the cat has a history of violence and they are keeping it despite it scratching a 7 month old baby's face. Just another example of idiots choosing animals over people. **freebird posted to metronews.ca**

They didn't have a guilt to throw on it? **Maple Syrup posted to metronews.ca**

Pissed off cat, I can believe. Gunless Americans???? That's a tough one to swallow.

MP posted to metronews.ca

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19489 Seton Crescent S.E.
Beacon Hill Centre
Bow Valley Square – Kiosk
Chinook Centre
Crowfoot Crossing
Deerfoot Meadows
Deerfoot Outlet Mall
Eaton Centre
Market Mall
Marlborough Mall
North Hill Shopping Centre – Kiosk
Northland Village
Shawnessy Village
Southcentre Mall
Southpointe Shopping Centre
Sunridge Mall
Westbrook Mall – Kiosk

CANMORE
105–802 Bow Valley Trail

EDMONTON
3918 White Mud & 17th St.
17551–100th Ave.
14822 Stony Plain Rd.
18559 Stony Plain Rd.
Abbottfield Shoppers Mall
Bonnie Doon
Edmonton City Centre
Kingsway Garden Mall
Londonderry Mall
Meyokumin Retail Centre
Mill Woods Town Centre
Nanaimo Centre South
Northgate Centre
Oliver Square
South Edmonton Common
South Park Centre
Southgate Mall – Kiosk
St. Albert Trail at 137 Ave.
Terra Rosa Shopping Centre
West Edmonton Mall
West Edmonton Mall – Kiosk
Westmount Centre

FORT MCMURRAY
19 Riedel St.
Peter Pond Shopping Centre

GRANDE PRAIRIE
Prairie Mall
South 40 Shopping Centre

LETHBRIDGE
Centre Village Mall – Kiosk
Lethbridge Smart Centres
Park Place

LLOYDMINSTER
Lloyd Mall

MEDICINE HAT
Carry Drive Plaza
Medicine Hat Mall

PEACE RIVER
10032–100th St.

PINCHER CREEK
Ranchland Mall – Kiosk

RED DEER
Bower Place Shopping Centre
Parkland Mall
Southpointe Common

ROCKY VIEW
Crossiron Mills Mall
Crossiron Mills Mall – Kiosk

SHERWOOD PARK
Emerald Hill Centre
Sherwood Park Mall

SPRUCE GROVE
Creskide Centre

ST-ALBERT
460–140 St-Albert Rd.
St. Albert Centre

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SCENE 2

Another case of hotel as grand old backdrop of frolic and folly

Lobby for fun. Wes Anderson latest director to resort to hotel as centre of action



IN FOCUS
Richard Crouse
scene@metronews.ca

"Grand Hotel... always the same. People come, people go. Nothing ever happens."

That famous line from the Greta Garbo film *Grand Hotel* is only half right. Hundreds of movies have used hotels as a backdrop for the action because people come, people go, but despite the quote's assertion, there's always something happening.

This weekend's *The Grand Budapest Hotel* is a case in point. Starring Ralph Fiennes as a concierge at a European hotel between the world wars, it features an all-star cast, including Bill Murray, Owen Wilson, Harvey Keitel and Edward Norton. They are all part of the fabric of the hotel's history, which includes assassins, murder, riches and a mysterious painting.

Hollywood has always recognized that the transient nature of hotels makes for great drama.

New York City's Plaza Hotel has played host to many famous movie scenes. Everything from *Barefoot in the Park* to *Funny Girl* to *The Great Gatsby* has used the iconic hotel as a backdrop, but it is probably best known as a location for North by



Ralph Fiennes stars as a concierge in Wes Anderson's *The Grand Budapest Hotel*. CONTRIBUTED

Northwest. In the Alfred Hitchcock film, Roger O. Thornhill (Cary Grant) is mistaken for a government agent and kidnapped from the ornate lobby.

The opening shot of *Goldfinger* features a stunning aerial view of Miami's Fontainebleau Hotel, which at the time was the most luxurious guesthouse on Miami Beach. Later in the film, Bond girl Jill Masterson (Shirley Eaton) dies of skin asphyxia-

tion inside the hotel after henchman Oddjob (Harold Sakata) coats her whole body in gold paint.

In the 1920s the Hotel del Coronado was a famous weekend getaway for Hollywood stars like Mae West, Charlie Chaplin, Clark Gable and Errol Flynn, but the Victorian wooden beach resort found fame as the setting for several scenes in *Some Like It Hot*. Located on San Diego Bay across from San Diego,

the beachfront location was the scene of one of the film's most famous lines. When Jerry (Jack Lemmon) first spies Sugar Kane (Marilyn Monroe) sashaying through the sand, he says, "Look how she moves! It's like Jell-O on springs."

Stephen King was inspired to write *The Shining* after staying at the 140-room Stanley Hotel in Colorado. "I think a lot of things happened right here in this particular hotel

over the years," says Dick Hal-lorann (Scatman Crothers) in the film version. "And not all of 'em was good."

The Stanley has been used as a location for *Dumb and Dumber* and other films, but Stanley Kubrick chose not to showcase the place in his 1980 adaptation of the novel. Instead, much to King's disappointment, he used Oregon's Timberline Lodge as a stand-in for the film's fictional Overlook Hotel.

Notice of Hearing for Temporary Guardianship Order To Candice Hoffort

Take notice that on the 20th day of March, 2014 at 9:30 a.m., at Calgary Family Court, Courtroom #1208, 601 – 5th Street SW, Calgary, Alberta, a Pre-Trial Conference will take place.

Take notice that on the 10th, 14th, 15th, 16th and 17th days of April, 2014 at 9:30 a.m., at Calgary Family Court, Courtroom #1206, 601 – 5th Street SW, Calgary, Alberta, a Trial will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Temporary Guardianship Order** of your child born on November 8, 2012. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Diane Charlebois; Jackie Ellice; Daniella Eggink
Calgary and Area Child and Family Services Authority
Phone: (403) 297-2978

Notice of Hearing for Temporary Guardianship Order To Dwain Chasse

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Amanda Bynes denies secret Twitter account

Amanda Bynes has been behaving herself since returning to Twitter earlier this month — officially, at least.

According to In Touch, the troubled former child star has been using a secret second Twitter account to be her old self again, mocking familiar targets like Rihanna and Courtney Love and obsessing over her dog and going to the gym under the pseudonym Ashley

Barks.

"If this isn't Amanda Bynes' private Twitter account, then someone is doing a very good job of impersonating her," a social media expert tells the magazine.

But Bynes herself says the story is bogus, taking to her official Twitter account to write, "FYI This is my only twitter account, I have no secret twitter accounts."

Mamma Mia! Miley eyes getaway in Clooney's hood

George Clooney's hideaway in Lake Como, Italy, might not be such a peaceful retreat if Miley Cyrus goes through with her reported plan to purchase a home near the Monuments Men star.

"Miley is seriously talking about purchasing a home on Lake Como," a source tells Radar Online. "Miley is eagerly anticipating her first major real-estate purchase and she figures, what could be better than a place in Italy near her favorite A-list star?" Apparently the search for a big-ticket



Miley Cyrus

real estate asset is part of her efforts to maintain the control over her fortune. "She's going to buy the biggest and most expensive houses she can in part to keep the money away from her parents," the source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Captain America sick of partying — except with his fellow superheroes



Captain America star Chris Evans is looking to settle down and put the partying to rest, according to Glamour U.K.

"In your 20s you think, 'How will I ever not like going out?' You have drinks, buddies, music — great," Evans tells the magazine. "But in the last two or three years, I go to a club and I kind of wish I was home. My idea of a

good time has evolved a bit, so a night out with me might not be as exciting as it might have been a couple of years ago."

He does make an exception, though for his Avengers co-stars, including Robert Downey Jr., Mark Ruffalo, Scarlett Johansson and Chris Hemsworth.

"It's different with those guys," he says. "You're like, 'Come on, guys, this is great! This isn't going to last forever.'"



Keith Richards

Sex, drugs and children's literature

Keith Richards is writing a children's book. He really is.

The Rolling Stone who came to define the adults-only lifestyle of rock has a deal with Little, Brown Books for Young Readers for a picture story called Gus & Me: The Story of My Granddad and My First Guitar.

The publisher announced Tuesday that the book will come out this fall and will include illustrations by Richards'

daughter, Theodora Richards. Barnaby Harris and Bill Shapiro are assisting with the writing.

Gus is Gus Dupree, Keith Richards' beloved musician-grandfather. In a statement issued by the publisher, Richards said the book was based on "one of those magical moments" he had with Dupree. Richards, 70, has five grandchildren of his own. His memoir Life was published in 2010. **THE ASSOCIATED PRESS**

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3
LIFE

Perfect pubs for Paddy's Day

Raise your pint glass.

It can be tough to find an authentic Irish watering hole on this side of the Atlantic; here are five suggestions

STEVE
GOW

life@metronews.ca

There's no shortage of bars across the country claiming to be Irish, but only a precious few can say their roots are tied to the Emerald Isle. If you're particular about celebrating St. Patrick's Day in true Irish tradition, here are five of Canada's most authentic pubs.

Durty Nelly's (Halifax)

Named after a famous Irish landmark, Durty Nelly's is credible enough to boast that its interior was actually designed and constructed in Dublin before crossing the Atlantic to be rebuilt in downtown Halifax. Toss in seafood chowder that has even been praised by the L.A. Times and this pub is certainly worth its Celtic salt.

Irish Specialties: Guinness Lamb Shank (\$19), Seafood Chowder (\$12.50)

P.J. O'Brien (Toronto)

Opened by well-known businesswoman Pat Quinn, P.J. O'Brien features a classic copper-topped bar, authentic Irish cuisine, white-jacketed bartenders and plenty of hospitality. Although the always-friendly proprietor passed away in 2009, his gregarious legacy lives on through his son.



The Irish Heather in Vancouver is modelled after modern Irish gastropubs. IRISH HEATHER

Don't be surprised if Pat Quinn Jr. even comes over and buys you a round.

Irish Specialties: Beef and Guinness Stew (\$15), Kilkeny Ale Fish & Chips (\$15)

O'Hanlon's (Regina)

Surprisingly, the reigning champ for selling the most Guinness pints in Canada is located in Regina. Run by Limerick native Niall O'Hanlon, the eponymous pub sold 61 kegs of the popular stout last St. Patrick's Day and aims to defend the title. O'Hanlon's is primarily an alehouse, but attracts a diverse clientele.

Irish Specialties: Corned Beef and Cabbage (\$15), Shepherd's Pie (\$14)

James Joyce (Calgary)

Located amongst Calgary's skyscraper-lined downtown, James Joyce was opened by Irish immigrants Anne and Gerard Curran to bring Gaelic ambience to the Stampede City. Highlighted by traditional Celtic music and decorated with scores of artifacts and heirlooms ranging from schoolbooks to a penny-farthing bicycle, this dark, inviting pub will make you feel like you've been transplanted to the middle of the Emerald Isle.

Irish Specialties: Irish Potato Boxty (\$13), Ballycastle Bacon Bites (\$11)

Irish Heather (Vancouver)

For a slightly bit more contemporary "craic" experi-



Durty Nelly's interior was constructed in Dublin. DURTY NELLY'S

ence, Irish Heather in Vancouver's historic Gastown district models itself on modern Irish gastropubs, but its still the perfect pub to soak up Celtic spirit with a Guinness in hand. In the popular backroom distillery, devotees can test out Vancouver's biggest selection of whiskeys.

Irish Specialties: Bangers & Mash (\$17), Lamb Shepherd's Pie (\$18)

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Looking for a lucky charm?

Sweet souvenirs.

'Tis the season for pots of gold and leprechauns, but try taking home some of these talismans from your travels



ON THE MOVE
Loren Christie
life@metronews.ca

Glass charms Greece and Turkey

The evil eye refers to bad energy transmitted by a person who has negative and covetous thoughts. Victims, from humans to horses, are said to suffer from headaches, nausea or impotence. While locals believe the blessings from church officials or remedies administered from a learned elder can cure them, interlopers may find the purchase of a preventative charm to

be their safest bet. Found almost everywhere around the Aegean Sea, eyes painted on blue glass reflect the power of the evil eye back on itself.

Dream catcher, Arizona

The legend of the dream catcher is woven into the oral histories and traditions of many native cultures in North America. Its principal purpose is to filter bad dreams, ensnaring the bad ones and directing the good ones to a person's subconscious. In addition to a getting a good night's sleep, owners are believed to be blessed with improved health.

Voodoo doll, New Orleans

In the mid 1700s, voodoo rapidly spread in New Orleans as the mystical religion overlaid its symbols and deities with those of Christianity. Drawing on their European masters' traditional use of effigies, slave practitioners created the voodoo doll. Whether the energy surrounding



Eyes painted on blue glass can ward off negative energy from the evil eye. These are found almost anywhere around the Aegean Sea. ISTOCK

them is good or bad depends on the intent of their creators and owners. Pick up a white voodoo doll, which is aimed at transferring positive energy and good luck from one person to another.

Corno, Italy

The phallic shape of a corno has been a symbol of fertility, fortune and power since Roman times. Like the point of a sword fending off

a foe in battle, its tip is said to protect owners against harm. To harness its protective power pick up a gold or coral charm, or perhaps a T-shirt with a corno emblazoned on it.

Lava rocks, Hawaii

Some mementoes are better left behind! According to legend, Hawaii's goddess of volcanoes doesn't take too kindly to those who cart pieces of lava rock, coral



Dream catchers are part of the traditions of many North American native cultures. Their main purpose is to filter bad dreams. ISTOCK

or even sand off the islands that she's believed to have created. The best way to avoid her curse? Stick to taking photographs of the landscape.

Bucket list



Cue the classics

Sundance, Cannes — who cares? It's not too late to sign up for the TCM Classic Film Festival April 10 to 13 — because you know you've always wanted to. This fifth annual event will see hosts Robert Osborne and Ben Mankiewicz (and you!) rubbing shoulders with legendary stars in and around the Hollywood Roosevelt Hotel, the site of the first Academy Awards ceremony. Film buffs from around the world will congregate to help TCM celebrate its 20th anniversary with red-carpet galas, special movie screenings, the Vanity Fair opening night party and more. The list of special guests includes Kim Novak, Mel Brooks (above), Shirley Jones and more. Passes start at \$250 US and run to \$1,600. Go to filmfestival.tcm.com. **DOUG WALLACE/METRO**

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Take a (cheap) bite out of the Big Apple

Frugal New York. Act like a big spender with reward miles, discount sites and Twitter deals

VAWN
HIMMELSBACH
life@metronews.ca

By the time you add up the costs of a hotel room, dining out and tickets to a Broadway show, a trip to the Big Apple can leave you with a hefty credit card bill.

But it doesn't have to. It's possible to do New York on the cheap while still experiencing the best this city has to offer — no need for eating fast food or sleeping on a park bench.

Sure, you might be dreaming about a white sandy beach this time of year, but New York is one of those cities that can be visited year-round, and winter-time offers the added bonus of off-season rates, not to mention strolling through snow-covered Central Park. And you won't have to deal with the hordes of tourists that flock to the city in



Want a cheap activity in NYC? Try renting skates at Wollman Rink in Central Park. GETTY IMAGES FILE

the summer.

On a recent trip to New York, I used Aeroplan reward miles to fly there and for my hotel

stay at the Westin New York at Times Square, right down the street from the theatre where I also used miles to get tickets to

Kinky Boots — one of the hottest shows on Broadway (and the winner of six Tony Awards including best musical).

I also discovered I could use miles for "experiences" including a helicopter ride over Manhattan, an NBC studio tour at Rockefeller Plaza, and a chocolate, dessert and wine walking tour in the SoHo and Nolita neighbourhoods.

Don't have miles? Hotels in Manhattan can be pricey, but the city also offers a range of "boutique" hostels, which are more upscale than your typical hostel; most offer private rooms, with breakfast and Wifi

included. (I stayed at one for \$40 US per person in a double-occupancy room.)

When travelling off-season, it's often easier to find discounts on hotels through travel deal websites. Or, you can opt for Airbnb (where you pay to stay in someone's home) or couchsurfing (where you stay for free in someone's home and essentially "sleep on the couch" — although it's considered good form to take your hosts out for a dinner).

There are several Broadway discount ticket services; try the city's TKTS booths. Or, try for rush tickets, typically

Save on the sights

Admission to NYC's biggest attractions can add up (taking an elevator to the top of the Empire State Building will cost you \$27 US). But check for free options; the Museum of Modern Art, for example, offers free admission on Fridays from 4 – 8 p.m. You can also buy a New York City Pass that offers access to more than 80 attractions (an adult one-day pass costs \$80 US).

available a few hours before the start of a production at heavily discounted rates. Tip: Call the box office ahead of time and ask when you'll have the best chance of getting rush tickets.

There are plenty of ways to explore NYC for free or on the cheap, from renting skates at Wollman Rink in Central Park to going on a gallery art crawl through Chelsea and hitting up the Thursday night wine-and-cheese openings.

NYC is the city that never sleeps, and there's always something going on that's free or cheap, from concerts and films to events and parties. Follow Twitter accounts such as @free_nyc to get the scoop in real time. Twitter is also a great way to track down food trucks and get gourmet eats on the cheap.

All these savings mean you'll get to see the best of NYC — and have cash left over for hitting the shops in SoHo.

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An egg wrap for dinner? All the cool foodies are doing it!



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15 MINUTES**

This recipe serves four. CONTRIBUTED

Greek Style Couscous and Egg Wrap. Gone are the days when eggs were just a breakfast staple. Here, they star in a 15-minute dinner



**DINNER
EXPRESS**
Emily Richards
food@metronews.ca

This is an easy light dinner or make ahead lunch for the family.

Using hard cooked eggs in sandwiches adds protein and a creamy texture to this filling.

For a flavour twist, switch up your cheese and try goat cheese or ricotta instead of the feta.

FLASH FOOD



From your fridge
to your table in
30 minutes or less

1. Place couscous in a bowl with garlic and thyme. Bring broth to a boil and pour over couscous. Stir in carrot and zucchini; cover and let stand for 5 minutes.

2. Meanwhile, in another bowl, mash eggs with a fork and stir in yogurt, tomatoes, feta, basil and pepper. Add couscous mixture and stir to combine.

3. Divide among the tortillas and roll up to enjoy. **FOR MORE OF EMILY RICHARDS' RECIPES THAT ARE PERFECT FOR DINNER AND MORE, BE SURE TO CHECK OUT HEALTHYCANADIANS.GC.CA**

Ingredients

- 1/2 cup (125 ml) whole wheat couscous
- 1 clove garlic, minced
- 1/2 tsp (2 ml) dried thyme leaves or Italian herb seasoning
- 3/4 cup (175 ml) sodium reduced vegetable or chicken broth
- 1/4 cup (60 ml) each grated carrot and zucchini or diced bell pepper
- 3 hard cooked eggs, peeled
- 1/3 cup (75 ml) 0% fat plain Greek yogurt
- 1/2 cup (125 ml) quartered grape tomatoes
- 1/4 cup (60 ml) crumbled light feta cheese
- 3 tbsp (45 ml) chopped fresh basil or parsley
- 1/4 tsp (1 ml) black pepper
- 4 small whole wheat flour tortillas

cooked eggs: Place eggs in a single layer in saucepan and cover 2.5 cm (1 inch) above eggs with water. Cover and bring to a boil over high heat. Remove from heat and let stand 25 minutes. Drain water and run cold water over eggs to chill

Cooking tips

- Out of broth? Use water instead. This will also help cut down on the sodium.
- Make wraps the night before. Cover tightly with plastic wrap. Keep in the fridge and grab one as you head out the door.
- Turn this recipe into a salad by baking the tortilla on a turned over ovenproof bowl in a 400 F (200 C) oven for about 5 minutes or until golden. Let cool slightly then fill with couscous mixture.
- No-fail way to make hard



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Work without walls? It's a remote possibility

Out with the office.

If you're going to be on the go with your work flow, make sure the boss knows you're still on the ball

DAN
SCHAWBEL
Metro World News

If you aren't a remote worker right now, chances are you could be in the future. A new study by the work lifestyle company Flex+Strategy Group and Quest Diagnostics found that 31 per cent of full-time employees in the U.S. (about eight million people) do most of their work from a location other than their employer's site. Though many workers romanticize about working from home, it's much harder than it seems.

I spent four years working remotely and ended up renting office space because

Show that mug!

Face-time is still the best way to build relationships with the people you work with.

- "Make it a point to go into your employer's workplace regularly," says Yost. Nothing will replace in-person visits where people can get to know you on a personal level.

my situation was getting in the way of real human interaction. They don't teach you in college how to work remotely or manage remote workers, but it's an important skill in the 21st century. I spoke with Cali Williams Yost, founder of Flex+Strategy Group, to get her tips for remote workers.

Know your boundaries

When you aren't working in an office, it's hard to balance your work and life because you aren't clocked



With technologies like Skype, Basecamp and Google Apps, it no longer matters where and when you do work — only that you get results that benefit your company. ISTOCK

in. It's up to you to set time aside to do personal things that matter to you.

"Make it part of your routine to sit down for 20 minutes each week and review

what you need to get done and want to get done on the job, with your career and in

your personal life," Yost recommends.

Identify actions and priorities

As a remote worker, you need to take the initiative to manage yourself instead of relying on your boss to do it for you. "Identify the small, meaningful actions and priorities that will help you be your best, at work and in your personal life, for the next seven days, whether it's completing an important project, getting enough sleep or eating healthy meals," Yost suggests.

Give regular status updates

One of the biggest concerns managers have with remote workers is that they might be distracted. Your manager will trust you if you make sure he or she is aware that you are constantly doing work and exceeding expectations. "Every week send your manager a quick 'highlights' list of accomplishments," says Yost.

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Snowboard cross

Maltais wins her 5th Crystal Globe

Dominique Maltais has secured the World Cup snowboard-cross title for a fourth straight year and fifth overall.

The native of Petite-Rivière-St Francois, Que., clinched the Crystal Globe after winning a World Cup event Tuesday.

Maltais won a silver medal last month at the Sochi Olympics.

THE CANADIAN PRESS

Tennis

Bouchard's run at BNP Paribas Open meets its end

Montreal's Eugenie Bouchard bowed out of the BNP Paribas Open on Tuesday, losing in the fourth round to sixth-seed Simona Halep of Romania 6-2, 1-6, 6-4.

Canada's last chance in the women's draw of the ATP-WTA tournament now rests with Aleksandra Wozniak. The player from Blainville, Que., was scheduled to face Australian Open champion and top seed Li Na later Tuesday.

THE CANADIAN PRESS

The scent of losing



"When (an opposing) team smells blood in the water, it's a dangerous thing."

Vancouver Canucks coach John Tortorella on his struggling team, which suffered a humiliating 7-4 home loss to the lowly New York Islanders on Monday night.



Stars players rush to their bench to aid teammate Rich Peverley on Monday night in Dallas. Peverley suffered what GM Jim Nill called a "cardiac event" and was transported to the hospital after play was suspended. SHARON ELLMAN/THE ASSOCIATED PRESS

NHL emergency protocol heralded

Rich Peverley. Dallas Star went into a 'cardiac event' during Monday's game, was transported to hospital

From the time Rich Peverley collapsed on the bench to the time he was taken to the hospital, NHL protocols for medical emergencies were followed exactly how they were supposed to, and it might have saved the Dallas Stars forward's life.

Similar heart failures

- Jiri Fischer of the Detroit Red Wings went into cardiac arrest in 2005 but quick medical care saved him.
- Sergei Zholtok died of a

heart ailment while playing in his Latvia in 2004.

- New York Rangers prospect Alexei Cherepanov died of heart failure during a 2008 KHL game.

Peverley, who has missed games this season because of an irregular heartbeat, had what general manager Jim Nill called a "cardiac event" during Monday night's game against

the Columbus Blue Jackets. Play was stopped immediately, and Peverley was taken down the tunnel and attended to before being transported to hospital.

The league's emergency

medical standards were in place at American Airlines Center, as they are in every NHL rink.

That includes having at least two team doctors in attendance and at least one within 50 feet (15 metres) of the bench.

The incident is not likely to lead to dramatic changes in the way NHL teams deal with emergency medical situations because they worked so well.

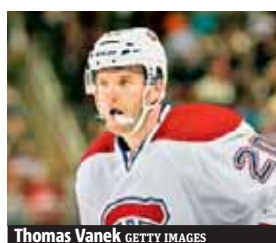
The current guidelines are spelled out in four pages of specific detail, including the availability of triage facilities, physicians, trainers and ambulances. **THE CANADIAN PRESS**

Habs. Vanek excited to experience heated rivalry

It won't take long for Thomas Vanek to get his first taste of the heated Montreal Canadiens-Boston Bruins rivalry.

The 30-year-old acquired by Montreal at last week's NHL trade deadline will play his first home game at the Bell Centre against the Bruins on Wednesday night.

"Rivalries are for the fans," Vanek said Tuesday. "They're good for the league, but for us in here, and I'm sure it's the same as everywhere, it's just about winning the two points."



Thomas Vanek GETTY IMAGES

"But I'm sure the atmosphere will be great and I can't wait to experience it."

THE CANADIAN PRESS

Terry Trafford

Cops find OHLer's body in SUV

Officials with the Saginaw Spirit say Michigan State Police have told them that the body of missing junior hockey player Terry Trafford has been found.

A man's body was found Tuesday afternoon in an SUV matching the description of one belonging to Trafford in the parking lot of a Walmart store in Saginaw County's Saginaw Township.

THE CANADIAN PRESS

Rules. Changes to OT, faceoffs may be proposed

NHL general managers may be nearing recommendations on rule changes but believe there is little need for significant action.

By Wednesday a number of proposals could be sent to the competition committee for consideration. Two key items might concern rules regarding overtime and the faceoff.

"The group recommended some changes to faceoff procedure and potentially instead of ejecting for a violation of faceoff procedure maybe

penalizing in terms of making the centre man take a step back," NHL deputy commissioner Bill Daly said. "That was certainly something that was discussed."

The overtime rule might see each team switch ends of the ice necessitating longer line changes.

THE ASSOCIATED PRESS



Bill Daly GETTY IMAGES

Nissan's lovable Rogue for 2015



PHOTOS: WHEELBASEMEDIA.COM

Review. Quality weather versatility, good value and NASA-inspired seats will win you over

MALCOLM GUNN
wheelbasemedia.com

It's cold out here. Like, -20 C, with blowing snow and darkening skies in the heart of Quebec's Laurentian mountains just north of Montreal. And here we are, sampling Nissan's 2014 Rogue compact wagon.

The second-generation Rogue follows a pattern established by the original 2008 model-year version. Although a Nissan success story, the Rogue is kept at bay by the league-leading Honda CR-V, Ford Escape, Toyota RAV4 and Chevrolet Equinox. For 2014, the Rogue has upped its game with more distinctive styling, more comfortable and practical seating arrangements and improved fuel economy. They constitute basic motherhood issues for this segment that absolutely factor into the purchasing-deci-

sion process.

At the opposite end, the rear window and side glass are squared-off and the taillights are enlarged and repositioned above the fender line for improved style and visibility.

What isn't visible is the Rogue's all-new platform that's developed with Nissan's cross-ownership partner Renault. The Rogue's dimensions actually vary little from the original architecture, with just a 1.5-centimetre stretch between the front and rear wheels and similarly small increases in width and body height.

Inside, Nissan increased the Rogue's load capacity by about 20 per cent and interior volume has risen by about 10 per cent.

Nissan now offers a third-row seating option for the Rogue, which makes it the only small ute in its class outside of the Mitsubishi Outlander with the capacity to transport up to seven passengers.

Access is secured by sliding the split-folding second-row bench forward up to nine inches, but as with most three-row arrangements it's best to position only smaller folks in

2015 Nissan Rogue

- **Type.** Four-door, front-all-wheel-drive compact wagon
- **Engines (hp).** 2.5-litre DOHC I4 (170)
- **Transmissions.** Continuously variable (CVT)
- **Base price (incl. destination).** \$25,100

Fuel economy

The improved CVT helps bump fuel economy to 7.9 l/100 km in the city and 6.0 on the highway (8.2/6.2 for AWD models), compared to 9.0/7.0 for previous Rogues (9.6/7.7 for AWD).

Compare



1 Ford Escape
Base price: \$25,600



2 Honda CR-V
Base price: \$27,600

Engine

Visually, the Tennessee-built Rogue swaps out its Murano-like egg-carton grille for one that's a whole lot bolder. It's part of a new front end with added folds and creases for the hood and fenders, an enlarged lower air intake and fancy jewel-like headlight pods ringed with standard LED (Light Emitting Diode) running lights.

the back row for short journeys. The remaining restyled cabin area is a place of comfort and joy, especially the restyled dash/control panel layout and the NASA-inspired "Zero Gravity" front seats. They really do the trick on extended trips. Returning is a 175-horsepower 2.5-litre four-cylinder engine. It's connected to a continuously variable transmission (CVT) that now performs more like a traditional automatic in operation and performance. A redesigned belt and pulley system plus a sport-mode switch for the driver sharpens trans-

mission operation and throttle response. Various traction and control aids make winter tripping tolerable. The \$2,000 all-wheel-drive option—a must-have for snow-bound buyers—redirects engine torque from the front to the rear, or to individual wheels, as necessary. The AWD can also be locked in 50/50 mode (front/back) at speeds below 40 km/h.

Other safety and comfort systems can be brought into play on the Rogue, such as Active Ride Control that uses the brakes and engine torque to help smooth rough-road

jounces, Active Trace Control that applies the inner or outer brakes as needed for more directionally precise cornering and Active Engine Braking that automatically reduces engine torque to help slow the vehicle while you're using the brake pedal. Options include a power-adjustable driver's panorama sunroof and a leather interior and a navigation system, which of course inflates the Rogue's \$25,100 base price but allows buyers to take the luxury route whether heading to and from work, or heading outdoors for some cold-weather fun.

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Retail ready fuel-cell cars just 18 months away

Clean process. Toyota's new concept creates electricity to power an electric motor using hydrogen and oxygen from the air



AUTO PILOT
Mike Goetz
drive@metronews.ca

Fuel-cell vehicles have always had an aura of science fiction about them, even though the science has been around since 1850 or so, when Sir William Grove first mused about generating electricity by exploiting how electrons hold water together.

Don't worry, this will not be a science lesson.

Science and I stopped being friends in grade nine, when I wondered how the mild acid in a glass beaker would fair in a Styrofoam cup, and the acid ate the Styrofoam cup, and the finish on the desk, and the finish on the floor, and caused Mr. Ramsey to be very ill-tempered with me.

I guess the vague science fiction feel comes from the notion of something could be a "fuel" — in this case hydrogen — yet only produce water as an "emission." It doesn't sound natural, in our lives so used to, and tied to, the combustion of petrochemicals.

The only thing I want to say today about fuel cell vehicles is how close they are to actually being a fully retail product. Hyundai, Toyota, Honda, BMW and Mercedes-Benz have all officially announced intentions to have "retail ready" fuel-cell vehicles in showrooms within 18 to 24 months, depending on the market.

Two years goes by fast. It's already been three years since Charlie Sheen was last seen on Two and a Half Men.

The manufacturers are deep into testing the actual fuel-cell components we will see on these retail units. No more going back to the drawing board for another blue-sky concept.

Toyota's fuel-cell test mule, for example, has



Under the skin of Toyota's latest concept vehicle, the FCV, are fuel-cell components destined for actual production vehicles. BOTH IMAGES PROVIDED



The ultra futuristic-looking hydrogen tank in place.

been raking up miles in North America for over a year now, including a deep freeze stint in Yellowknife.

Off course, we still need a hydrogen re-fueling infrastructure, and that is not progressing along swimmingly. In fact, right now there is not one publicly accessible hydrogen station in all of Canada, and no immediate plans to build any amount.

But say we overlook that alarming impediment and say fuel-cell vehicles will be a major force in the next few decades — because now it's time to look beyond fuel-cells. Yes, fuel cells are barely here, or more correctly not even here yet — but don't we need to know what will be the next big

vehicle propulsion thing, after fuel cells?

Yes we need to know, but details are sketchy.

There doesn't seem to be one imminent and/or dominate science or technology currently poised to add to the list of major ways vehicles have been driven. So far on the timeline there is steam, electricity, the internal combustion engine using various petrochemicals, more electricity, and fuel-cells using hydrogen.

Maybe quantum physics will figure in somehow. There is some discussion about a quantum propulsion machine. I'd explain it, but I'd have to understand it first, and that's not going to happen.

Horoscopes

Aries

March 21 - April 20

The Sun in Pisces at this time of year can make you emotional and you will find it hard to hide your feelings today. Why would you want to? Honesty is essential in all situations.

Taurus

April 21 - May 21

What comes to light in an unexpected manner today will most likely improve your bargaining position. It will also remind you that you that you have friends you can count on.

Gemini

May 22 - June 21

Fight for your rights today, no matter how overwhelming the odds may be. Actually the odds are not nearly stacked against you to the extent you believe. Rivals are as scared of you as you are of them.

Cancer

June 22 - July 23

The more others say you can trust them today, the more cautious you should be. In any negotiations you must get promises in writing at every stage. If you don't, they will likely turn out to be worthless.

Leo

July 24 - Aug. 23

You know what to say and do to win friends and relatives to your way of thinking. Whether your way of thinking is correct is another matter entirely — but since when do Leos worry about things like that?

Virgo

Aug. 24 - Sept. 23

A positive outlook in the face of adversity is essential. Because Virgo is a sign that gets caught up in details, you have a tendency to think it's the end of the world when little things go wrong.

Libra

Sept. 24 - Oct. 23

A plan that has been in a state of limbo since the start of the year will begin to move forward again today. Don't try to do everything at once though. You'll catch up.

Scorpio

Oct. 24 - Nov. 22

If you do anything to excess between now and the full moon on the 16th you will regret it, so tone down your act and don't try so hard to impress friends or co-workers.

Sagittarius

Nov. 23 - Dec. 21

You have no doubts and no reason to believe you will not succeed at the tasks you have set yourself. Rivals may try to derail your plans over the next few days but they won't come close to succeeding.

Capricorn

Dec. 22 - Jan. 20

Keep options open over the next 24 hours, especially in dealing with co-workers. Because their plans are likely to change you may have to change too. If you're flexible, you will be in the money.

Aquarius

Jan. 21 - Feb. 19

Make an effort to stand above petty battled. It may look as if the world is going to hell in a handcart but that's only because you are taking too narrow a view of events.

Pisces

Feb. 20 - March 20

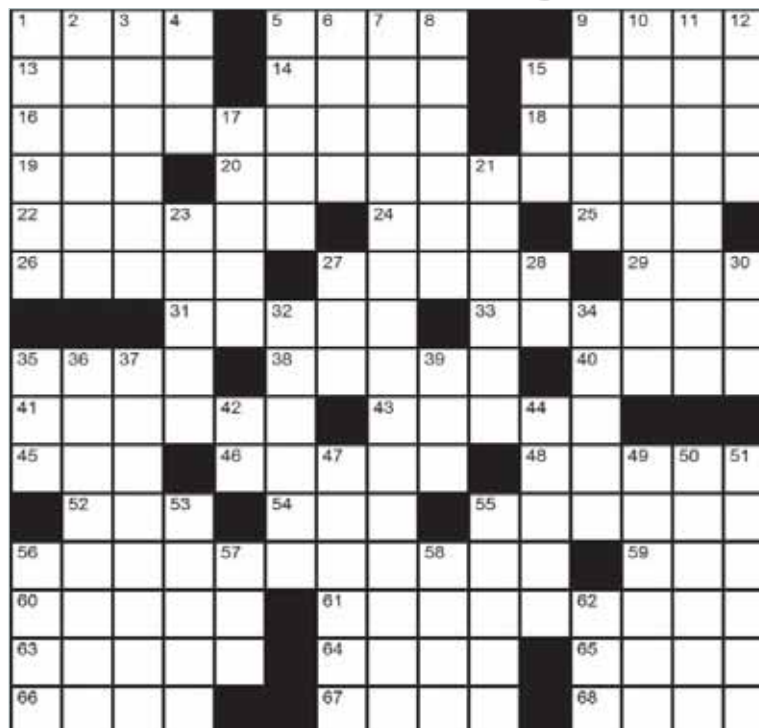
You need to raise your game. A week or so from now the Sun will move out of your birth sign, after which it may not be so easy to get things done. Don't aim just to be better, aim to be the best.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. _ Sancturum
5. Vents
9. Purina rival
13. Benefit
14. Lovestruck, olde-style
15. Offshoot
16. Self-esteem issue: 2 wds.
18. Uncle's wife [var. sp.]
19. 'Pay' suffix
20. Canadian actor Matt Frewer played the computerized title character on this late-'80s series: 2 wds.
22. Group of four
24. Cable channel
25. High sch. math
26. Wooded
27. Inexpensive
29. Dawn goddess
31. Musical pace
33. 007's Ms. Andress
35. La Boheme role
38. Sicily's volcano, belonging to it
40. Caesar's 2,550
41. Highlight
43. Finale
45. Dog breed
46. Humdinger
48. Q. "How do you say 'West' in French?" A. "It's either 'Ouest' _ _ _ , I think."
52. Ms. Vardalos
54. Bruins legend Bobby
55. 24 hr. banker cost: 2 wds.
56. "Sherlock" star



- Benedict __, on Showcase
59. Mon.'s French equivalent
60. Mr. Welles
61. Nicknamed health plan always mentioned on American news
63. "So __ a song

- of love, Julia." - The Beatles
64. Movie beekeeper
65. "Now!"
66. Require
67. Fam. members
68. 'Special' suffixes

Down

1. John __, Prime

- Minister who is Christopher Plummer's great-grandfather
2. Beverage 'box'
3. Until now: 2 wds.
4. " _ questions?"
5. Equally irked: 2 wds.
6. Jumbo-sized movie presenter

7. The __ Stephen Harper
8. Sam __ (Famous officer of the North West Mounted Police)
9. Honda car
10. Flooring choice
11. Leprechaun's treasure, _ _ _
12. 'Pseud' suffix

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

15. Unhappy
17. "Drats, _ _ a mistake."
21. "Rebel Without _ _" (1955)
23. Fix, as shoelaces
27. Mil. rank
28. Media company dept.
30. Mr. Mineo
32. Shooting star
34. Faux compliments-giving
35. Blueprint
36. Medical job on Global drama "Remedy": acr. + wd.
37. Danielle __, Senior Reporter on CTV's "etalk"
39. Li'l quantity
42. Fredericton's prov.
44. Saxe-Coburg-__ (British monarchy's pre-Windsor name)
47. Shady tree retreat
49. _ _ (Some music notes)
50. Pointillist painter, Georges __
51. Principles
53. Form __ (Grow close)
55. Pinnacles
56. Nickel
57. Manchester, _.
58. Weight unit in China
62. Show on Marg's TV resume

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 14°
MIN: 2°

THURSDAY



MAX: 3°
MIN: -2°

FRIDAY



MAX: 4°
MIN: -3°



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DURANGO**
 SXT - AUTOMATIC
 44,500 KM
 B3284



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 SPORT - SUNROOF
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